

Viennese Baked Flounder Rolls with Filling

Recipe By Nitra Ladies Auxiliary



Cooking and Prep:  50
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Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Shavuot

Diet: Pescetarian

Source: The Heimische

Kitchen (Nitra Cookbook)

Easily elegant, these flounder roll-ups are a splendid starter or main dish. The recipe provides four fillings options, including two gluten-free choices.

Ingredients (27)

Flounder

6 fresh or 1 pound frozen flounder fillets

Potato Filling

1 onion, sauteed

3 potatoes, cooked and mashed

- 1 egg, beaten
 - dash of pepper
 - 1 teaspoon salt
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Bread Filling

- 3-4 slices of bread, soaked and squeezed
 - 1 egg
 - 1/2 pound mushrooms, sliced and sauteed
 - 1 stalk celery, diced and sauteed
 - 2 onions, sauteed
 - 3 tablespoons oil
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Creamed Mushroom Sauce

- 3 tablespoons lemon juice
 - 1 and 1/2 cup non-dairy creamer
 - 1/4 cup flour
 - 1 teaspoon salt
 - 10 ounces fresh mushrooms, sliced
 - 2 ounces margarine (use soy-free if needed)
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Broccoli Filling

- 1/2 teaspoon salt
 - 1 teaspoon lemon juice
 - 1/4 cup **Gefen Mayonnaise**
 - 10 ounces frozen broccoli, cooked and drained
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Salmon Filling

2 teaspoons Heaven & Earth Ketchup

1/4 cup Yehuda Matzo Meal

2 eggs, slightly beaten

2 (7-ounce) cans salmon

Sommelier Suggests

Koenig Riesling

Start Cooking

For the Flounder Rolls

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine ingredients for your selected filling.
3. Spread two tablespoons filling onto each fillet. Roll up, place seam side down onto flat baking sheet. (To secure, use toothpicks.)
4. Brush tops with oil and sprinkle with salt. Bake at for 30–40 minutes. Serve hot with mushroom sauce (recipe follows).

For the Mushroom Sauce

1. Sautee mushrooms in margarine for 10 minutes, stirring frequently.
2. Add flour and creamer and cook until sauce thickens, mixing constantly.
3. Add lemon juice and salt, mix well. Serve hot over baked fish rolls.

Credits

Photography and Styling by Peri Photography